

FREE
&
OPEN TO ALL

Age: 7 & Up

yoga for success

How successful you are in life simply depends on how well you can use your mind and body. This session offers simple, but powerful yoga postures to bring stability and balance.

Benefits:

- *Can improve memory, concentration, and mental clarity*
- *Can relieve stress and anxiety*
- *Strengthens the spine*

Forest Green Branch Library

9015 Forest Ln, Dallas, TX 75243

Saturday's on Jan 18, & Feb 15 & Mar 14 of 2020

04:00pm-05:00pm

RSVP : InnerEngineering.com/YogaForSuccess

Please bring a yogamat & a towel and arrive on an empty stomach condition

For additional information please call (469) 298-8963 or email dallas@ishausa.org

This session is brought to you by Isha Foundation aimed to bring well-being to everyone through yoga and meditation.

